DISCHARGE PLANNING AND ONGOING SERVICES AND SUPPORTS FOR MOTHER

The purpose of this information is to standardize peri-partum and postpartum care and expectations for all women with substance use disorders. Nurses, social workers, case managers, and other appropriate hospital staff can use this to aid discharge planning. This guidance is designed to outline recommendations known to help in maintaining or establishing postpartum recovery. Referral to these services and supports should be the standard of care.

Hospital Procedures & Discharge Planning

All women with suspected or confirmed substance use disorders should:

- Have a social services consultation to identify concerns
- •Be offered a nicotine patch on admission if they are a tobacco user
- Have a urine drug screen and, if clinically indicated, a confirmatory test
- •Have a discharge letter sent to the woman's primary care provider (insert weblink) as well as her post-partum provider to help communicate concerns. These may be two different providers.

The discharge letter should be accompanied by two additional documents (when clinically indicated):

- An overview of the Department of Child Services (DCS) process for newborns referred due to maternal substance use (insert weblink); and
- Links to Adult Addiction Services and contact information:
 - o https://www.in.gov/fssa/addiction/ and
 - https://www.in.gov/fssa/dmha/files/CMHC Outpatient Mental Health Service Loc ations.pdf

In addition, all women with suspected or confirmed substance use disorders should have the following completed before discharge:

- An outpatient pediatric follow-up plan;
- Newborn safe sleep education; and
- Family planning/contraception plan.

For the best chance of success in getting healthy and parenting their child, all women with substance use need a plan for ongoing social and mental health support as well as treatment for substance use disorder. The plan will vary depending on the patient's circumstances, local resources, and the mother's stage of her treatment. Issues that should be discussed to include in the plan are:

- Smoking cessation
- •Medication Assisted Treatment (MAT) provider
- Inpatient rehabilitation
- •Evaluation by mental health or addiction specialist
- •Intensive outpatient program
- Counseling
- •Community support group meetings
- •Recovery Coach
- •Relapse prevention plan
- Home health
- Parenting classes
- •Transportation assistance
- Housing assistance
- •Lactation assistance
- •Legal aid

The checklist can be found immediately following this page or at: https://www.in.gov/health/laboroflove/files/Postpartum-Discharge-Planning-and-Referral-Checklist.pdf

Additional resources can be accessed by calling:

- MOMS Helpline. The MOMS Helpline is an important resource for ensuring that every Indiana mom and baby is healthy and happy. If you have any questions or need information about a particular resource that is not listed on our website
 (https://www.in.gov/isdh/21047.htm), please feel free to call 1-844-MCH-MOMS (1-844-624-6667) or email MCHMOMSHelpline@isdh.in.gov.
- Indiana 211, is now part of the Indiana Family and Social Services Administration. Indiana 211 and FSSA will be able to more efficiently aid Hoosiers in need by providing a one-stop shop for community and state services. When they dial **2-1-1**, Hoosiers are connected to an

experienced, responsive and compassionate team of community navigators who are skilled at identifying needs and providing referrals that best meet those needs.